

*Always consult your physician to determine if genetic testing is appropriate for you.*

### Why are cancer screenings important?

Cancer is a disease in which some of the body's cells may grow nonstop and travel to other parts of the body. Regular cancer screenings may find breast, cervical, colon, lung and skin cancers early so treatment can begin and result in greater success. Your physician may recommend lung cancer screening if you are at high risk.

### What is genetic screening?

Genetics can play a role in cancer growth, especially if family members have had cancer. Genetic testing is used to check for gene changes linked to cancer.



#### 1. Who should be tested?

If your family has a history of certain cancers or if you or your family members (mother, father, sisters, brothers and/or children) have been diagnosed with cancer, your doctor may recommend genetic testing.

#### 2. What should you do before you get tested?

Write down your questions and talk to your physician. Your doctor will recommend that you receive genetic counseling before you receive the actual test. Your genetic counselor will explain the benefits of the test, what results might mean and your options.

#### 3. What is a home-based genetic test?

A home-based test can be bought without a doctor's order. This test looks for gene changes but does not provide information on your overall risk of developing cancer. Home-based tests should not replace cancer screening or genetic counseling recommended by your physician.

### Types of genetic testing

There are many different types of genetic tests, and no single test can detect all genetic conditions.

- **Single gene testing:** Detects changes in only one gene; performed due to symptoms of a specific condition.
- **Panel testing:** Looks for changes in many genes in one test. May be grouped into genes associated with higher risk of developing certain kinds of cancer.
- **Large-scale or genomic testing:** Ordered for patients with complex medical histories.

Sources: [NIH National Cancer Institute](#), [Centers for Disease Control and Prevention](#)



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